



J E F F E R S O N C O U N T Y  
A R E A A G E N C Y O N A G I N G

186 Main St STE 2 \* Brookville, PA 15825  
Phone: (814) 849-3096 1-800-852-8036  
www.jcaaa.org  
Find us on Facebook: @JeffersonCountyAAA  
  
Want to receive our newsletter by email?  
Register on our website or call us!

### How can you be a better friend?

Anyone can become a Dementia Friend! Learning about dementia can empower you to help people living with dementia in your community. Register for an upcoming free 60 minute in-person or virtual Session!

During this friendly and interactive Session you will increase your understanding of dementia, and think about the small things that you can do to make a difference for people living with dementia in your community.

Date: Thursday, September 07, 2023  
Time: 09:30am-10:30am

Date: Tuesday, September 19, 2023  
Time: 04:00pm-05:00pm

Date: Tuesday, October 03, 2023  
Time: 03:00pm-04:00pm

For more information email:  
[info@dementiafriendspa.org](mailto:info@dementiafriendspa.org)  
  
To register for any virtual training:  
<https://www.dementiafriendspa.org/>



**DID YOU KNOW?**  
Our Care Managers can meet with you at any of our 4 senior centers to help with paperwork or answer questions about our services. Just call 814-849-3096 to schedule an appointment!



## Fall Into Health Annual Senior Picnic

**FRIDAY SEPTEMBER 15**

**Time: 10:00AM – 1:00PM**

Location: Jefferson County Fairgrounds  
1514 Route 28 North  
Brookville, PA 15825

UPMC Mobile Health Bus \*NEW\*

LUNCH

Community Resources

Prizes

50/50

Meadows Ice Cream Truck  
and More!

All senior centers will be closed on  
Friday September 15<sup>th</sup> to spend time at  
the Senior Picnic!  
Main Office will remain open.

### Call to register

Main Office  
814-849-3096

Brockway  
814-265-1719

Brookville  
814-849-3391

Punxy  
814-938-8376

Reynoldsville  
814-653-2522

  
JEFFERSON COUNTY  
AREA AGENCY ON AGING

## Caregiver Support Group September 14<sup>th</sup> 2023 at 3:00PM

Heritage House Senior Center  
4 Sylvania St.  
Brookville, PA 15825

Group Facilitator:  
Kristine Santiso  
LMSW, CCM, ACM-SW, NCG, CDP

Caregiving can be a very rewarding experience but also places added stress on a caregiver's life. If you are a caregiver, please plan to attend the Caregiver Support Group at the Heritage House. Here you will have the ability to discuss and be educated on concerns, stressors, and topics only caregivers will understand.

Sitting service is available for your loved one while you attend the support group.

Call to sign-up.

**Meetings will take place the first Thursday  
of every month at 3:00pm.**

**Please RSVP or to ask questions:  
Jefferson County Area Agency on Aging at  
814-849-3096.**

## JCAAA Employee Spotlight

**Jennifer Bowers**

**CSP Care Manager**

**How long have you worked for JCAAA:** 1 year and four months

**Education:** Punxsutawney Area High School

Bachelor of Arts in Psychology/Sociology from Clarion University

**What is involved in your day-to-day activities?**

Make consumers and their caregivers aware of possible services to enable consumers to remain in their home independently. I also provide the caregivers with the resources to reduce caregiver stress.



**Tell us about your most rewarding experience in your work.**

The most rewarding experiences are any time that I was able to make a difference in someone else's life.

**What is your proudest moment since you joined JCAAA?**

I work with a group of caring and compassionate individuals, and I am proud to be part of this team.

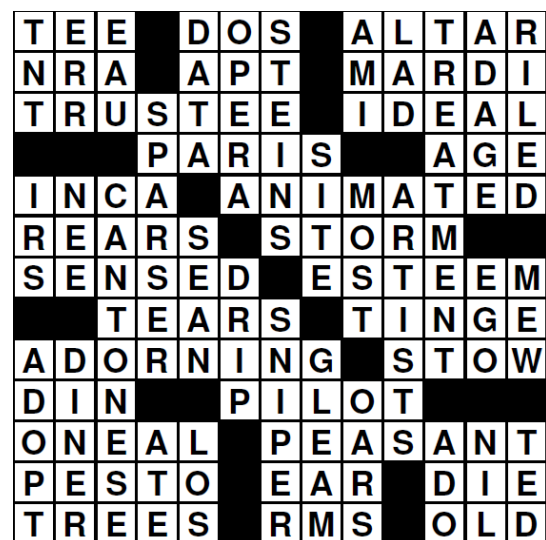
**Who are the significant people in your life?**

I have two children a 20-year-old son. He resides in Boca Rotan, Florida where he attends Lynn University, and he will be graduating in May 2024 with a bachelor's in psychology. My 17-year-old daughter will be graduating high school in June of 2024 and then plans to attend Alfred University in Alfred, NY. She plans to get her degree in powered metal manufacturing. And my mom who has always been my biggest supporter and is one of the strongest people I have known.

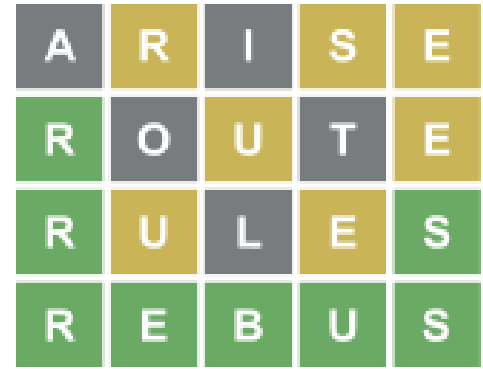
**What do you like to do when not at work?**

Playing cards with my mom, doing diamond art, relaxing and spending time with family and friends.

Jefferson County Area Agency on Aging Main Office and the Senior Centers will be closed on 9/4/2023



**Wordle** is a web-based word game created and developed by Welsh software engineer Josh Wardle. Players have six attempts to guess a five-letter word, with feedback given for each guess in the form of colored tiles indicating when letters match or occupy the correct position. The mechanics are nearly identical to the 1955 pen-and-paper game Jotto and the television game show franchise Lingo. Wordle has a single daily solution, with all players attempting to guess the same word.



Every day, a five-letter word is chosen which players aim to guess within six tries. After every guess, each letter is marked as either green, yellow or gray: green indicates that letter is correct and in the correct position, yellow means it is in the answer but not in the right position, while gray indicates it is not in the answer at all. Multiple instances of the same letter in a guess, such as the "o"s in "robot", will be colored green or yellow only if the letter also appears multiple times in the answer; otherwise, excess repeating letters will be colored gray.

Play for free every day by visiting: <https://www.nytimes.com/games/wordle>

Send your stats to friends for some fun competition!

## Most Common Pets

F	E	R	R	E	T	L	I	A	R	T	C	M	A
D	N	I	R	U	I	I	K	P	A	K	C	S	E
L	O	I	H	Z	A	U	E	N	T	E	T	K	G
N	R	N	A	E	G	U	B	I	R	D	A	T	E
E	S	R	D	K	O	I	T	E	S	L	I	K	L
K	D	H	B	T	D	T	H	T	L	T	G	N	I
C	A	S	N	A	K	E	H	I	R	A	U	K	B
I	R	I	H	G	K	E	H	I	E	K	A	H	R
H	E	S	R	H	T	C	R	F	E	T	N	A	E
C	T	H	A	H	N	A	A	I	A	N	A	I	G
D	S	T	S	I	E	L	T	R	U	T	M	T	I
U	M	N	H	I	M	R	T	A	C	N	F	Z	R
I	A	C	I	R	F	I	H	M	O	U	S	E	R
H	H	E	T	F	G	I	P	A	E	N	I	U	G

BIRD  
 GUINEA PIG  
 IGUANA  
 DOG  
 RAT  
 HAMSTER  
 CHINCHILLA  
 TURTLE  
 LIZARD  
 GERBIL  
 SNAKE  
 CAT  
 FISH  
 CHICKEN  
 FERRET  
 MOUSE





Jefferson County  
Senior Center Menu



**Phone Numbers:**

Brockway 814-265-1719  
Brookville 814-849-3391  
Punxy 814-938-8376  
Reynoldsville 814-653-2522

Monday	Tuesday	Wednesday	Thursday	Friday
*Menu subject to change*	<b>RESERVATIONS REQUIRED with 24 Hour Notice.</b> <b>Centers NOT open on weekends to take reservations for Monday.</b> 			1 Sweet & Sour Pork 1/2c. Rice 1/2c Broccoli & Cauliflower Blend 1 Wheat Bread Seasonal Fresh Fruit
4 Centers Closed 	5 Sloppy Joe 1/2c Ranch Roasted Potatoes 1/2c Green Beans 1 Hamburger Bun Seasonal Fresh Fruit 1 Bread Pudding	6 Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Dinner Roll 1/2c Gelatin	7 Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Beets 1 White Bread Seasonal Fresh Fruit	8 Chicken & Biscuits 1/2c Mixed Vegetables 2 Mini Biscuits Seasonal Fresh Fruit 1 Cookie
11 Glazed Ham w/ Pineapple Sauce 1/2c Scalloped Potatoes 1/2c Peas & Carrots 1 Dinner Roll 1 Cookie	12 Tuna Salad Sandwich w/lettuce & tomato 1/2c Coleslaw 2 White Bread Fresh Orange	13 Orange Glazed Pork Loin 1/2c Buttered Pasta 1/2c California Blend 1 Wheat Bread 1/2c Pineapple Tidbits	14 Warm Roast Beef Sandwich W/Mozz. 1/2c. Roasted Parmesan Redskins 1/2c. Carrots 1 Sandwich Roll Fresh Banana	15 <b>SENIOR PICNIC!</b> <b>See You at the Fairgrounds</b> 
18 Cheeseburger w/ Lettuce, Tomato 1/2c Coleslaw 1c Creamy Potato Soup w/ Crackers 1 Hamburger Roll Seasonal Fresh Fruit	19 Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie	20 Chicken, Spinach & Cranberry Salad w/ Dressing & Hardboiled Egg 1c. Mixed Greens & Spinach 1/2c. Pickled Diced Beets	21 Swiss Steak w/ 2oz Onion Gravy 1/2c Whipped Potatoes 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears	22 Pork Loin w/Gravy 1/2c Buttered Noodles 1/2c Island Blend Vegetables Seasonal Fresh Fruit Cookie
25 Beef Stroganoff 1/2c Noodles 1/2c Roasted Brussel Sprouts 1 Wheat Bread 1/2c Mandarin Oranges	26 Seafood Salad Over 1c. Mixed Greens w/Tomato 1c. Bean Soup w/ Crackers 1 Dinner Roll 1/2c. Pineapple	27 Roast Beef w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Pudding	28 BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Carrots Wheat Bread Fresh Orange 1 Piece Cake	29 Western Omelet w/ Ham, Peppers, Onions, Cheese 1 Sausage Patty 1/2c Breakfast Potatoes 1 Biscuit w/ Jelly 4oz Apple Juice



Brockwayville Depot Center  
 Address: 425 Alexander Street  
 Brockway, PA 15824  
 Coordinator: Cheryl Moore  
 Phone: 814-265-1719  
 Email: depot@jcaaaa.org

**The Brockwayville Depot Senior Center offers many activities to participate in.  
 We welcome suggestions on activities!**

**Call 814-265-1719**

### September Activities

- 9/4 Center Closed for Labor Day
- 9/7 Grocery Bingo 6PM to help with Brockway Childrens Christmas Party!  
Let's help give them a great Christmas!
- 9/15 Senior Picnic and Fall Health Fair at the Jefferson County Fairgrounds.  
Reservation required. Limited transportation available.
- 9/21 Grocery Bingo 6PM
- 9/22 Birthday Celebration with lunch

### **Healthy Steps in Motion Exercise Class**

Every Monday and Thursday at 10:00am

### **Chair Yoga**

Every Wednesday at 11:00am

Available Everyday:  
 Pool Table, borrow a book from  
 our library, have coffee and  
 socialize!

Lunches are offered every day starting at 11:30 for dine-in or take out, reservation needed by calling 814-265-1719.

We also serve breakfast every Tuesday from 7:30-9:30. No reservation needed for breakfast. Suggested donation for both lunch and breakfast is \$2.50 per person.

Mark your Calendars! Last trip for the year to Seneca Alleghany on October 16.  
 Call to register.

Seniors for Safe Driving October 27. The class is from 9:00am-1:00pm. Cost is \$16.00. Call to register 265-1719.



Brookville Heritage House Center  
 Address: 4 Sylvania Street,  
 Brookville, PA 15825  
 Coordinator: Tammy Miller  
 Phone: 814-849-3391  
 Email: heritage@jcaaa.org

September is here and that means the kids are headed back to school, the leaves will be turning colors and falling, and it will soon be time for Pumpkin Spice Everything everywhere. I do like Pumpkin Spice and Fall so I guess I am ok with it. After all, it is fun to decorate for Fall with all the Beautiful Colors.

Our Senior Center is a very active senior center. We are always happy to welcome new people, so don't hesitate to stop in and take a look around and see if you might like to join us here. This is an excellent place for seniors who want to try one of our instructor-led exercise classes, the fitness room, play cards, volunteer, or join us for one of our numerous other activities that we do each week/month. This is the best place for Seniors and we are very lucky to have it in such a great location with easy access and right near downtown Brookville. If you have any questions please call Tammy or stop by the office 814-849-3391. We are open Monday through Friday 8 am to 2 pm.

We serve a HOT and Nutritious Lunch Monday through Friday at 12 noon-if you would like to join us, give me a call the day before you want to dine with us by 1 pm. 849-3391

### Weekly Activities

Bingo-Monday & Friday 9 am

Card/Game Club 1-3 pm 1st & 3rd Tuesdays

Craft Groups 1-3 pm 2nd & 4th Tuesdays

Scrabble-Thursdays at 9 am

Monday & Wednesday-Healthy Steps In Motion 10:00 am

Tuesday & Thursday-Chair Yoga 10:30 am

Wood Carvers Wednesdays-9 am

Coffee with the VETERANS- Thursdays at 9 am

Hand and Foot Card Game-Will teach new players-1pm on 1st & 3rd Wednesdays of the month.



### Monthly Activities

We are in the middle of new flooring so we will start back up with our activities on Monday September 11th at 8 am.

Greeting Card Making in the Cafe' at 10 am on Tuesday September 12th & 26th-we are gearing up for the Holidays.

Thursday September 14 at 3 pm is our Caregiver Support Group-please RSVP to 849-3096.

Friday September 15th is the Senior Picnic at the Jefferson County Fairgrounds from 10 am to 1 pm- Lunch is Free and we will have a raffle giveaway as well as a few other surprises. Hope to see you there! The center is CLOSED Today!

Friday September 22nd Making FALL Door Decorations for the patients at the Nursing Homes-Super Simple & Fun to Make.

Friday September 29th Scrapbooking at 9:30 am

Join us to make a recipe book, a scrapbook page, or cards.

Friday September 29th we are having a MUSIC NIGHT starting at 6 pm running through 8:30 pm. There is a signup sheet posted for helpers at the music night, PLEASE sign up & help us out-You can still have fun too. Doors will open at 5:30 pm.

**\*\*PLEASE Make Sure You SIGN UP for any of the Events that you want to participate in. This helps me plan and have enough for everyone\*\***

If you are interested in Volunteering at the center please see Tammy at the Heritage House or give us a call at 814-849-3391-we always need more help going into the upcoming Holiday Seasons.

\*This schedule is subject to change, so please be kind if it has to be adjusted. Thank You all for your support & participation. I really appreciate it!

*The photo is of a Kitchen Angel that we will be making this month-check the activities & get signed up.*

## PUNXSUTAWNEY AREA SENIOR CENTER

Punxsutawney Area Center  
Address: 222 N. Findley Street  
Punxsutawney, PA 15767  
Coordinator: Debbie Long  
Phone: 814-938-8376  
Email: punxy@jcaaa.org

**Labor Day** – September 4, center closed

**Special bingo** Wednesday Sept 6 and Wednesday Sept 20 – please sign up – 9:30 – 11.

**September 11** – 10-11 a program on Traffic Safety. Please sign up.

**We are scheduling 2 bowling days a month.** They are tentatively September 14 and September 28 please sign up. 10 to noon.

**September 22** – birthday celebration

**September 29** – ice cream sundae day after lunch

We will be decorating our Center for fall after Labor Day. All are welcome to pitch in.

There will be other activities in September, when they are scheduled they will be announced.

Our Center also offers many other things to do that do not require scheduling. Available are movies, books, puzzles, cards, games and just plain socialization.

Take out lunch daily to be picked up at 11:30 and dine in at noon. Please call to order a day in advance. Donation for those 60 and older is \$2.50. The meals are quite good and generous portions. We always offer ice water and freshly brewed iced tea. Also a snack or two frequently shows up.

Fall is such a great season. Stop in and check us out.

Please call 814-938-8376 if you have any questions.

Happy Fall!

*Photo: With Halloween just around the corner, one never knows who might show up.*







**We would love for you to come and join us for lunch or various activities...**

Every Monday, Wednesday, and Friday we have Healthy Steps Exercise from 10:30-11:30 am

Tuesday is Domino day!! We usually have a game together before lunch and continues after lunch!

Thursday come and try your hand at Nickel Bingo from 9:30-11:30 am.

If you wish to join us for lunch please call the day before to reserve yours lunch is \$2.50 and delicious!

Monday Sept 4th we will be closed at the Foundry for the Labor Day observance.

Friday Sept 15th we will be closed at the Foundry as



The Reynoldsville Foundry Center  
Address: 45 West Main Street  
Reynoldsville, PA 15851  
Coordinators: Cheryl Hannah  
Phone: 814-653-2522  
Email: foundry@jcaaa.org

we will be at the Jefferson County Fairgrounds for our Senior Picnic. If you would like to join us – please give the Foundry a call.

Tuesday Sept 26th Noon – 3 pm we will be offering Flu Shots being given at our vaccine clinic. Please call to set up a time if interested.

Please enjoy photos from August 3rd When the Foundry was visited by Trooper Chewning and Trooper Norbert to discuss how to stay safe from fraud and scam calls.

Then on August 10th The Foundry Family went to the Farmer's Inn and had a lovely lunch, visit to the zoo, and an ice cream cone to cap off a lovely day !





## Why Should Pennsylvania do a Master Plan?

- Pennsylvania expressly values older adults and individuals with disabilities and is committed to building and maintaining an age- and disability-friendly Commonwealth so that all Pennsylvanians may live with dignity and independence.
- Pennsylvania is ranked fifth among the fifty states by the sheer size of its older adult population (3.4 million) and seventh by percentage (17.8%) of the total population.
- Pennsylvania's total older adult population grew from 15.4 percent (1.96 million persons) in 2010 to 17.8 percent (2.27 million persons) in 2020.
- Pennsylvanians with disabilities represent 11% of the population in terms of mobility and cognitive challenges, 7% with regard to independent living, 6% regarding hearing impairment, 4% regarding vision impairment, and 3% with regard to self-care.

### Provide input on the Master Plan for Older Adults:

You are invited to contribute what you think should be the plan's priority goals, objectives, and initiatives to support the highest quality of life for older adults.

You can submit your input by **September 30, 2023** to:

#### Mail:

Pennsylvania Department of Aging  
c/o Master Plan  
555 Walnut Street, 5th Floor  
Harrisburg, PA 17101

#### Email:

[AgingPlan@pa.gov](mailto:AgingPlan@pa.gov)

#### For More Information Visit:

[www.aging.pa.gov](http://www.aging.pa.gov)

### Summerville Eats & Sweets

September 2023 Menu. Lunch available 11am-2pm on Tuesdays

9/5	Crispy Chicken Sandwich
9/12	Open Face Hot Turkey Sandwich
9/19	Chef Salad
9/26	Tuna Melt



Meal includes a choice of coffee, milk, or water. Any extras including pie, ice cream or other dessert will be charged accordingly to the customer. \*Please tip your server\*

The restaurant reserves the right to substitute items with something similar.

**A Needs Assessment MUST be completed to be eligible for this program.**

1	2	3		4	5	6		7	8	9	10	11	<b>DOWN</b> 1. Explosive (abbr.) 2. Goof 3. Water, to Jacques 4. Information 5. Musical drama 6. Beer mugs 7. Pal (Fr.) 8. Lass's friend 9. Handling 10. Proverb 11. Made angry 16. More thinly scattered 19. Spot 21. Taxing agcy. 22. Formerly named 23. Chinese dialect 25. Majority 26. Manet and Monet 28. Penn or Connery 31. Faucet problem 33. Conceit 34. Cat's cry 36. Hidden gunman 38. Add to the family 39. Roadside eatery 40. Shine 44. Paddles 46. Noshed 47. Part of "L.A." 49. Turmoil 50. Nothing 51. Koppel or Kennedy
12				13				14					
15				16				17					
				18				19			20		
21	22	23			24			25	26				
27				28		29							
30					31		32				33	34	
			35				36		37				
38	39						40		41				
42					43			44					
45			46	47		48				49	50	51	
52						53				54			
55						56				57			

**ACROSS**

- |                                |                               |                         |
|--------------------------------|-------------------------------|-------------------------|
| 1. Summer shirt                | 24. Like "Toy Story",<br>e.g. | 48. Poor farmer         |
| 4. Two (Sp.)                   | 27. Brings up                 | 52. Basil sauce         |
| 7. Church table                | 29. Hurricane                 | 53. Corn serving        |
| 12. Shooter's group<br>(abbr.) | 30. Felt                      | 54. Vegas cube          |
| 13. Suitable                   | 32. Respect                   | 55. Squirrels' homes    |
| 14. ____ Gras                  | 35. Rips                      | 56. Hotel units (abbr.) |
| 15. Board member               | 37. Tint                      | 57. Aged                |
| 17. Perfect                    | 38. Decorating                |                         |
| 18. Eiffel Tower locale        | 41. Stash away                |                         |
| 20. Become old                 | 42. Noise                     |                         |
| 21. Indian of Peru             | 43. Plane's captain           |                         |
|                                | 45. Laker Shaquille           |                         |

**Check for Crossword Puzzle Answers On Page 3** Puzzle# 123 © Boatload Puzzles, LLC

**Seniors** - If you or someone you know is being subjected to abuse, neglect or exploitation, contact JCAA for emergencies 24 hours a day at 1-800-852-8036.



## Are you a military veteran in need of food?

**Military Share in Jefferson Thursday, October 5, 2023**

The Military Share program of Second Harvest Food Bank of Northwest Pennsylvania delivers fresh, nutritious foods to individuals and families who are in need and meet income requirements with at least one member who has served or is serving in the Armed Forces or National Guard.

### Distribution Details

Location: Jefferson County Fairgrounds;  
1514 State Route 28, Brookville, PA. 15825

Time: 3:00 P.M. First Come, First Served.

\*\*Distribution will be in a drive-thru format



For all inquiries and qualifications for this FREE program, please call the Second Harvest Food Bank Food Helpline: 814-459-3663 extension 117.